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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Sunday, December 28, 2025

Be the Bridge

Examples of the Bridge in Action

1. The Cruel Commenter (The Bridge of Neutrality)

The Situation: Someone attacks your character or ideas with vitriol.

The Bridge: "I can see you feel very strongly about this, but I am only interested in discussing this with mutual respect. If you'd like to have a calm conversation, I'm here. If not, I'm going to step away."

The Result: You validated their feeling ("You feel strongly") but invited them to a higher frequency (respect). If they continue the attack, they have refused the bridge, and your Dharma is to block/withdraw.

2. The Emotional Vampire (The Bridge of Empowerment)

The Situation: A friend constantly complains about the same problem but refuses to take action, draining your energy.

The Bridge: "I hear how much pain this is causing you, and I love you. However, I've noticed we've talked about this many times without a shift. I'm happy to talk if we are brainstorming solutions, but I can no longer just sit in the complaint with you."

The Result: You offered love, but you placed a "gate" on the bridge. You are serving their soul by refusing to help them stay stuck.

3. The "Cold" Intellectual (The Bridge of Heart)

The Situation: Someone argues that a tragedy "doesn't matter" because everything is just "manifestation."

The Bridge: "That is a powerful perspective on spiritual law. At the same time, as beings currently in human form, our Dharma is to be the hands of the Creator. How can we use that law to actually ease the suffering we see right now?"

The Result: You bridged their "Wisdom" (Law) back to "Compassion" (Action).

The Sequence Recap

See the Lack of Compassion: Recognize the cruelty or complaining or coldness.

Build the Bridge: Offer one clear, compassionate invitation to a higher frequency.

Observe the Choice: Give them the space to walk it or reject it.

Act with Wisdom: If they refuse, you "withdraw the bridge" to protect the Temple.

- December 28, 2025

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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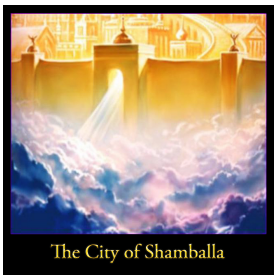

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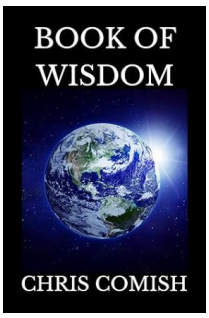

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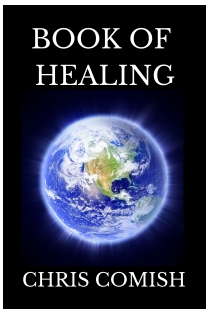

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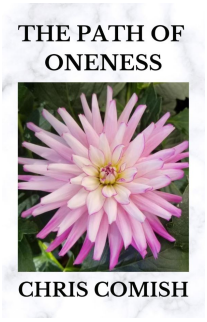

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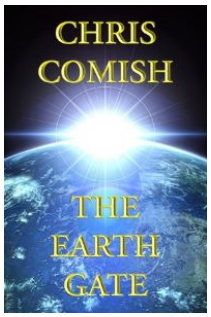

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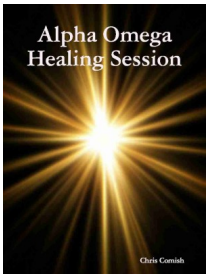

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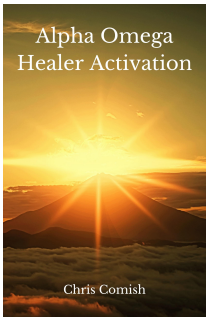

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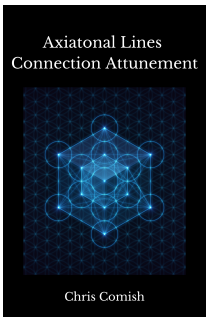

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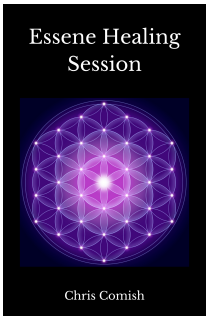

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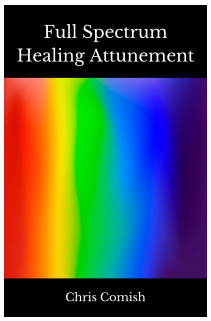

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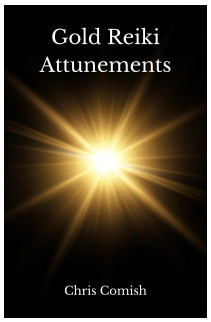

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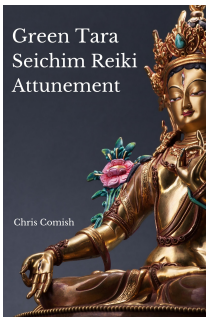

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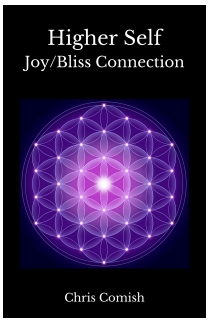

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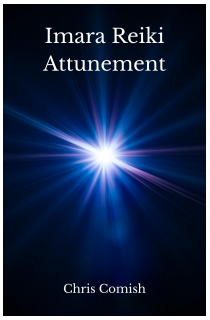

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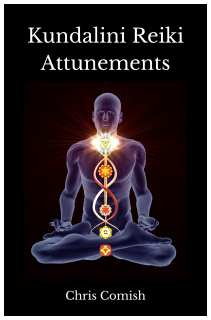

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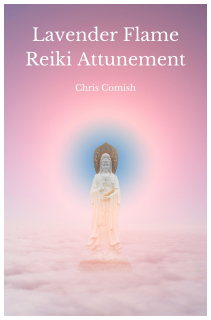

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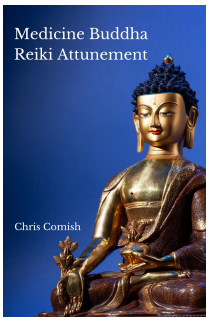

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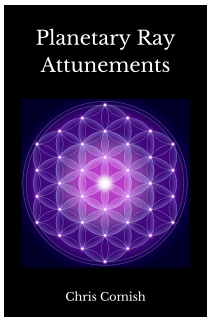

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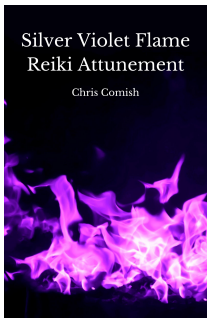

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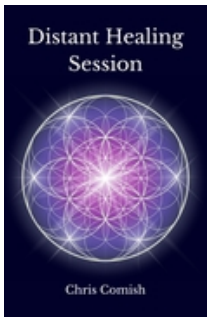

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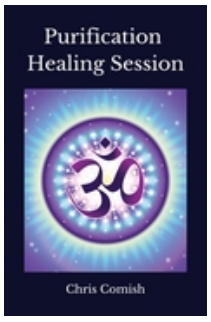

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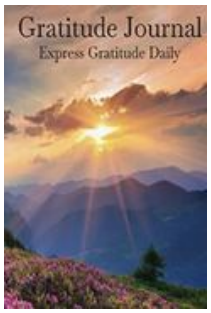

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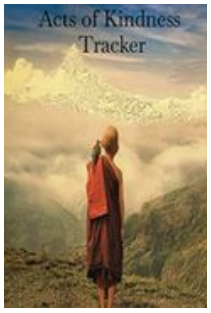

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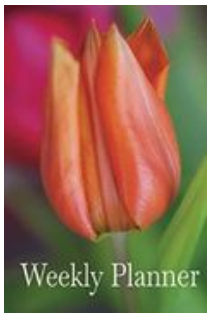

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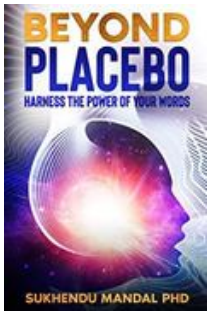

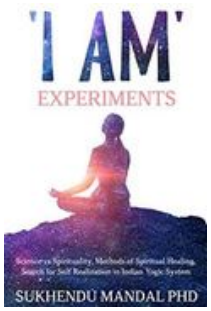

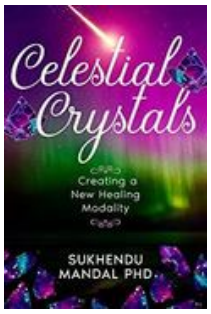

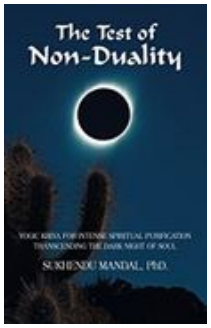

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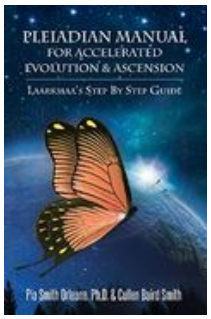

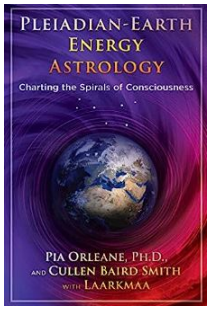
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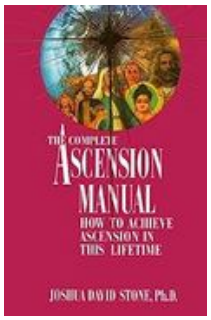
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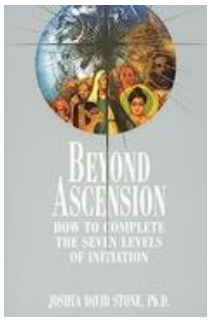
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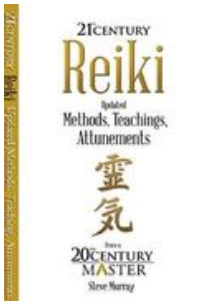
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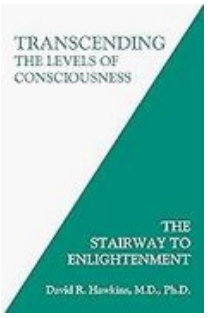
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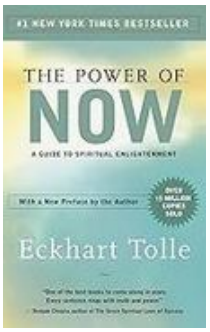
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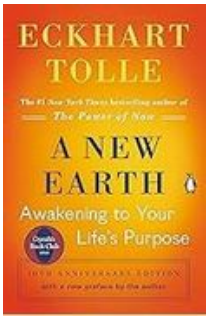
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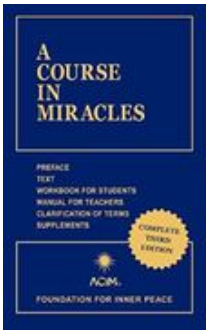
A
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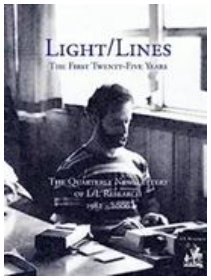
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THE FIRST TWENTY-FIVE YEARS

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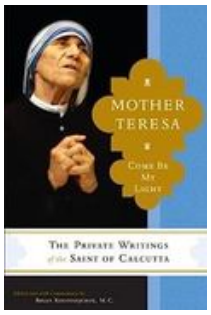
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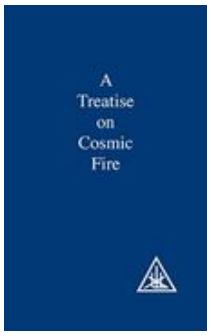
THE PRIVATE WRITINGS OF THE SAINT OF CALCUTTA

Initiation
Human and Solar


A
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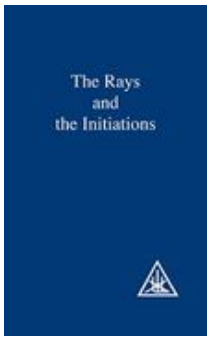
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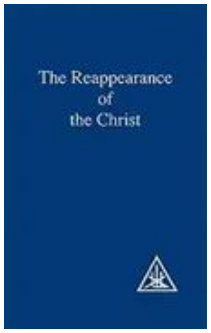
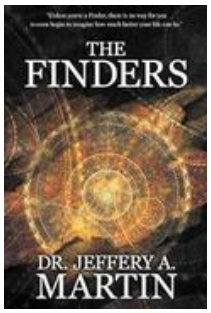

The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy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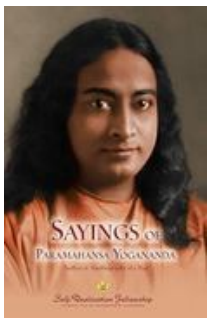
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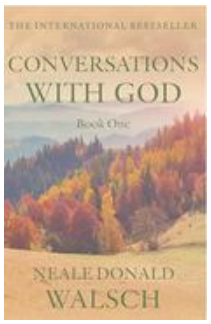
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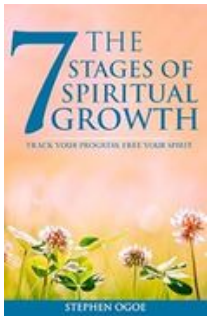
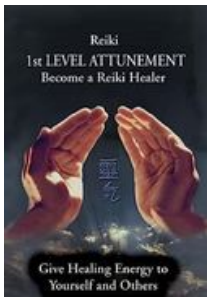
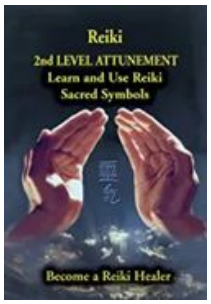
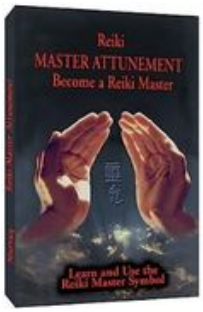
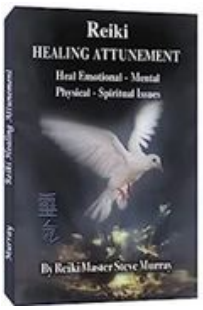


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Frequency

Happy New Year!

That Which Is Not

God is All That Is

Be the Bridge

Blended Balanced State

Observer-Server

Universal Love and Radiant Being

A Christmas Message of Love, Beauty, and Compassion

Compassion

The Empty Boat

Trinity

Blended Balance

Frequency

Love Everywhere

Wise Compassion

Other Self

Love

God

Emotional Support

The Void

Radiate

Scan Chakras with Reiki

We are the Creator

Balance

Mirrors

Unity of All Polarity

One

Wise-Compassion

STO Journal 12-6-25

Oneness

Attunements and Healing

Chakras

Master Consciousness

Universal Love and Radiant Being

12-2-25 STO Journal

Chakras

Ascension

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